



Time to Align

Mid Winter Sub-Regional Youth of Unity Event

January 24-26, 2020

5 p.m. Friday — Noon Sunday

For high school age teens, YOU sponsors, parents, chaperons and Ministers

Hosted by Unity of Fairfax

2854 Hunter Mill Rd, Oakton, Va 22124

**Early bird Registration \$75.00 Due Dec 18
Final Registration Deadline \$85.00 Due Jan 4**

Registration Note: Forms and payment must be approved by Minister and mailed in by head sponsor. No individual registrations accepted – each Chapter should submit only one payment.

Details and Forms available at

www.unityoffairfax.org and www.unityeasternregion.org

QUESTIONS?

**Contact Beverly Ellis: youthandfamily@unityoffairfax.org
703-281-1767 ext. 7008**

INFORMATION ABOUT RALLY

WHO MAY ATTEND?

Eastern region YOUers, sponsors, ministers, parents and chaperons are all invited to join in a weekend of fellowship, fun, and spiritual growth. YOUers must be in grades 9, 10, 11, or 12 or equivalent, with a minimum age of 14 and a maximum age of 19; or, if not in high school, a maximum age of 18. Teens must be accompanied to Rally by a ministry-approved adult 25 years or older of the same gender as the teen(s). *Any exceptions (including YOU graduates) must be approved by Beverly Ellis, Youth & Family Director of Unity of Fairfax*

All Adults attending must submit a copy of a national background screen within last 3 years with their registration if it has not been previously provided.

GENERAL INFORMATION:

- Check-in will be from 5-6 p.m. Friday. Please arrive during that time period so that your chapter will not miss the important 6 p.m. meetings (and dinner!) and opening activities at 7 p.m.
- All people registering for the Rally are committing to be in attendance for the ENTIRE WEEKEND, arriving at the camp on Friday afternoon and staying through the closing on Sunday.
- Rally will end at about Noon on Sunday, and will include a take away lunch.

HOW TO REGISTER YOUR CHAPTER FOR RALLY

SEND ALL FORMS AND FEES TO:

Beverly Ellis
Unity of Fairfax
2854 Hunter Mill Road
Oakton, VA 22124

MAKE CHECK PAYABLE TO: Unity of Fairfax

Send all fully completed forms in one mailing with **ONE CHURCH CHECK** for all participants.

Make copies of Forms to travel with Sponsors.

FEES, PAYMENTS, AND DUE DATES: Note: Sponsors will need to collect forms before the due date in order to get church check and have forms ready for mailing on the due date. Forms and payments must be collected and mailed in by head sponsor and approved by Minister.

EARLY BIRD SPECIAL: \$75.⁰⁰ POSTMARKED BY DEC 18

REGULAR REGISTRATION FEE: \$ 85.⁰⁰ POSTMARKED BY JAN 4

FINAL REGISTRATION DEADLINE: NO REGISTRATIONS ACCEPTED AFTER JAN 4

REFUND DEADLINE: NO REFUNDS AFTER JAN 4

BEFORE MAILING: Make copies of completed forms to travel with your YOU'ers in case of emergency.

QUESTIONS? Call / Email Beverly Ellis, Unity of Fairfax Youth Ed. Director
703-281-1767 ext.7008 | youthandfamily@unityoffairfax.org

CHAPTER REGISTRATION FORM (page 1)

Sponsors: Please complete this form and include with your Registration Forms

Chapter & Location: _____

Registration Contact:

Please provide a contact person who can be contacted for questions about your chapter's forms, fees

Name _____ Email _____

Please print legibly

Phone _____ Cell Phone _____

Information Contact: Please provide a contact person who can be contacted for any last minute information that may need to be imparted to your chapter immediately prior to Rally.

Name _____ Email _____

Please print legibly

Phone _____ Cell Phone _____

Emergency Contact During Rally Please provide a contact person in your Ministry who your attending sponsor or the region may contact in the event of an emergency during Rally. Emergency contact must be willing and available to receive calls during the Rally weekend.

Name _____ Cell Phone _____

Rally Preparation Meeting:

A Rally preparation meeting is required of all participants. The Rally Preparation Meeting Form lists items to be covered with recommended discussion questions?

YOUR SIGNATURE HOLDS YOU ACCOUNTABLE FOR FACILITATING A PRE RALLY MEETING. PLEASE SPEND EXTRA TIME COVERING HEART AGREEMENTS AND IMPORTANT INFORMATION.

Date Meeting was held or will be held: _____

Mid Winter Sub-Regional Registration Form

Mid-Winter 2020 @ Unity of Fairfax

Registering as:

 YOUer

Must be ACTIVE member
of YOU Chapter

 Adult Sponsor

At least age 25 approved by a Unity Ministry to attend
Copy of background check (dated within last 3 years)

 Jr. Sponsor

Age 21-24, Under supervision
of YOU Sponsor, Background
check dated within last 3 years

 Other

Name _____ Name on Nametag _____

Address _____ City _____ State _____

Zip Code _____ Cell Phone _____ Home Phone _____

Phone for roster _____ Email _____

Birth date ___/___/___ Grade ___ Age ___ T-Shirt: ___ (S-XXL) First Timer? ___ Yes ___ No

Gender ___ F ___ M ___ Other (If you check "other" you will be contacted regarding possible cabin accommodations)

Meal Preference: ___ Regular ___ Vegetarian ___ Vegan Other Food restrictions? _____

Church _____ City _____ State _____

Ministry Approval: I certify that this attendee (i) meets the eligibility requirements to attend this event (ii) demonstrates understanding and adherence to YOUer/Adult Heart Agreements, and (iii) is approved by our ministry to participate in this event. A Background Check for All Adult Sponsors and Junior Sponsors has been submitted or is submitted with this Registration.

Signature of Minister or
Authorized Staff _____

Print Name _____

Title _____ Date: _____

Parent Approval: (Parents of **ALL** YOUers must sign) *My signature below indicates approval for my teen to attend the above named Eastern Region Youth of Unity event. I have read the Group Agreements for this event and understand the consequence of inappropriate behavior by my teen means he/she may be sent home at my expense.

*Parent/ Guardian Signature _____ Date _____

First Timer Buddy / Logistics Team / Family Group Leader/Sunday Service Team

Are you qualified and willing to serve as a **First Timer Buddy**? ___ Yes ___ No

Are you qualified and willing to serve on the **Logistics team**? ___ Yes ___ No

Are you qualified and willing to serve as a **Family Group Leader**? ___ Yes ___ No

Are you willing to be part of the **Sunday Service Team**? (Music, Speaking, Ushering) ___ Yes ___ No
(Circle Preference)

*By my signature below I certify that I have reviewed the qualifications for First/Timer Buddy, Logistics Team and/or Family Group Leader. For every "yes" answer I have checked above, I am qualified and willing to serve. If selected, I agree to serve enthusiastically and with an open heart and to fulfill all responsibilities of the position to the best of my ability.

Signature of YOUer _____

*The YOUer whose signature appears above is qualified and is approved by me to serve (Check all that apply)

___ on the Logistics team ___ as a First Timer Buddy ___ as a Family Group Leader

I have reviewed the Qualifications and responsibilities with the above YOUer and believe that he/she is ready for this leadership opportunity and will fulfill the responsibilities of the position to the best of his/her ability

Signature of Sponsor _____

Youth & Adult Medical/Liability Release

Complete form in **INK**. Original copy sent with Registration. One Copy to be carried with participant to event.

Participant _____ Birth Date ___ / ___ / ___ M F Age _____
Parent/Legal Guardian _____ Relationship _____
Address _____ City, State _____ Zip _____
Home Phone (____) _____ Work/cell (____) _____ E-mail _____
Emergency contact(s) if parent cannot be reached _____
Relationship _____ Phone (____) _____ (____) _____

MEDICAL HISTORY

I certify that the above named person is in good health and able to participate in all normal activities of the group.

Yes No If no, specify limits of participation. _____

Allergic to any substance, food or medication? Yes No (If Yes, specify) _____

Is the participant currently under a doctor's supervision for: Epilepsy Diabetes Asthma or ADD/ADHD

Any other medical conditions: _____

List **ALL** current medications with dose and frequency _____

_____ Date of last Tetanus shot _____

Please list all OTC medication participant may have: _____

Note: Benadryl is only Allergy Medication stocked in First Aid Kit due to cost and frequency of use.

Group leaders must be informed of any prescription medication brought by participant with clear information as to proper use and dosage. If medication is "as needed," the participant must understand the symptoms of their condition and know when to ask for help.

INSURANCE INFORMATION, MEDICAL CONSENT & LIABILITY RELEASE

Family Physician (name & phone number)

Medical Insurance Company _____

ID Number _____

Group Number _____ Policy Holder Name _____

Phone # to verify coverage or submit claim _____

As the above-named participant (or legal guardian if the participant is a minor under the age of 18), I hereby attest that I have read this complete document; all information provided is complete and true; I have legal standing to make decisions which affect the rights of the above-named participant; and I understand and consent to all terms outlined on both pages of this document (including release of photographic images & personal information as described herein).

I hereby voluntarily and knowingly assume all risks and dangers inherent and incidental to Youth Ministry activities and travel understanding that some activities may pose a risk of injury. I will not hold liable the Church, the Eastern Region Association of Unity Churches and/or the Association of Unity Churches their employees, agents and event group leaders for any injury, illness or property damage involving the above-named participant no matter how caused. Whenever deemed necessary by group leaders, I authorize the calling of a doctor and/or the providing of other medical services and, unless covered by insurance, agree to pay for same. If the above-named participant is incapacitated or under age 18, I do hereby authorize group leaders as agent for the undersigned, to consent with respect to such participant to any x-ray examination, anesthetic, medical, dental or surgical diagnosis or treatment, and hospital care which is deemed advisable by a licensed physician or surgeon.

Name of Participant _____

Photography Release: I hereby grant the Unity of Fairfax, Unity Worldwide Ministries Eastern Region, Unity Worldwide Ministries, Unity and its representatives permission to use, without compensation or restriction, photographs and videotape images (from local and regional Unity events) in which the participant appears, in any manner whatsoever, such as, but not limited to: publication, display, website, advertising, slide shows, etc.

Confidentiality Release: I understand that health information on this form will only be shared, as needed, with group leaders, church staff and medical professionals to safeguard and support the participant. This information will not be publicly disseminated or released to any outside organization. However, since it is common practice for the Church (or Eastern Region) to publish a participant's phone and email if they actively participate in the group (or attend a regional event), I authorize the Church (and Eastern Region) to publish such information on a local (or event) roster.

I understand it is my responsibility to notify group leaders if any information changes.

Signature (Participant, or Parent/Guardian if under age 18)

Printed Name

Date _____

GROUP HEART AGREEMENTS

1. I will represent my highest self, and respect others at Rally including Adults and Camp Staff. I will create through my words and actions a loving, sacred and harassment-free atmosphere.
2. I will attend and remain at all scheduled activities at the designated times. I will give my loving support, cooperation and attention to all speakers and leaders, and facilitators.
3. I will remain within the boundaries assigned to me at the campgrounds at all times. I will obey all rules set by Camp Tockwogh
4. I will take part in Rally with a clear mind and heart. I will abstain from the use of alcohol, tobacco and non-prescription illegal drugs during Rally and enroute to and from Rally.
5. I will maintain an attitude of friendship to everyone attending the event. I will respect personal boundaries and will not participate in sexual energies or behavior or any unwanted physical contact at or en route to and from the event.
6. I will stay out of the cabins and cabin areas of the opposite sex.
7. I will leave at home any articles that would interfere with the purest retreat experience such as skateboards, water pistols, roller blades or electronic game systems.
8. I will use electronic devices such as iPods, and Cell Phones only at times designated by the leadership team. I will use only electronic music devices that have headphones and not speakers. I will not allow my use of these items to disturb others.
9. I will only wear clothing that is modest and respectful of myself and others.
10. During group meditations, I will practice centering. I will do nothing to distract others from their time of prayer and meditation.
11. I will honor lights-out and quiet time and cooperate fully with my cabin and room sponsors.
12. I agree to do my part to make this weekend a special and unique experience for myself and everybody at the Rally. I am enthusiastic about this Rally and I will have FUN!!!

By my signature below I agree to uphold all Heart Agreements. My signature also indicates
(Read and check each statement)

I understand these agreements are necessary for the group's highest experience and I accept the responsibility to follow these agreements during Rally.

I understand my willingness and ability to uphold these agreements are required to participate in YOU activities.

I understand that if I choose not to uphold these agreements during an event, my participation at this and future YOU activities may be restricted, with event related fees forfeited, and I can be sent home early at my or my parents' expense.

Print Name _____ Signature _____

By my signature below I attest that

I have fully discussed these group heart agreements with the above YOUer and his/her parents or guardian

I have made the parents of this YOUer aware that failure to comply with the heart agreements can result in the YOUer being sent home at parents' expense.

I approve this YOUer to represent this Chapter at the Eastern Region YOU Rally.

Sponsor's Signature _____ Date ___/___/___

ADULT HEART AGREEMENT

As an Adult/ YOU Leader attending the YOU Rally, I understand I am making a great impact on the future spiritual life of the teens I lead. I therefore agree that I will:

Prior to Retreat:

Promote a prayerful Consciousness ready for spiritual growth and enthusiastic participation. Prepare my Uniteens for participation by reviewing the heart agreements with my YOU'ers prior to sending in their registration forms.

During Rally:

- ◆ Be a role model for YOU'ers of the behavior I wish from the YOU'ers, which includes refraining from the use of all alcohol and non-prescription drugs—including cigarettes and vaping.
- ◆ Circulate and Participate with youth in activities.
- ◆ Promote attention to Group activities.
- ◆ Check regularly to make sure my YOU'ers are accounted for.
- ◆ Be responsible for the YOU'ers in my group. **Note:** I will advise the Teen Consultant or member of Leadership team **immediately** if I am unable to locate one of my YOU'ers.
- ◆ Be aware of special medical needs of my YOU'ers and see that wellness needs are met.
- ◆ Be available for emotional and physical support and any disciplinary issues of my YOU'ers.
- ◆ Remain on the grounds during Rally at all times
- ◆ Lock automobiles securely: (See that my YOU'ers leave CD players and Computer games locked in the car.)
- ◆ Handle discipline with a loving, firm, encouraging approach. If misbehavior persists or is serious, I will report immediately to Youth Consultant or leadership team.
- ◆ Be available to YOU'ers for emotional and physical support.
- ◆ Be prepared to sleep in rooms with YOU'ers.
- ◆ Check rooms during Rally to confirm that only those that belong there are present.
- ◆ Promote the cleanup after meals, activities, and on Sunday morning.

I have read and understand my role as an adult participant at the YOU Rally.

Sponsor Signature _____ Date _____

SPIRIT SHARING TALENT SHOW FORM

If you would like to perform in the Talent Show, fill in this form and attach it to your Rally registration. Acts must show support for all people and reflect our love and support of each other and the consciousness of ONENESS. Specifically, this means no inappropriate sexual content, put-downs to any group, gender, or individual, even in the name of "humor". Please examine your talent and/or music for compatibility with this requirement. Your Act must be reviewed by your sponsor before inclusion in the Talent Show.

The Talent Show will be held on Saturday night. Come to Rally well rehearsed. The only rehearsal will be during free time on Saturday. Bring everything you will need for your act except a CD player. We will have a sound system for use during the Talent Show. If you are singing to a sound track, use karaoke (instrumental) version. Your voice cannot be heard when singing over other's vocals, all vocals must be scrubbed.

Sign up early - the number of acts will be limited on a first come first serve basis to fit the time for the talent show. Final approval of all acts will be made by the sponsor coordinating the Talent Show.

Name _____ Chapter _____

Describe your talent _____

Length of routine (use a stopwatch!!) (KEEP UNDER 4 MINUTES) ____Minutes ____Seconds

Mood of your bit? (circle one) Reflective Tear Jerker Upbeat Funny Neutral Participatory

What (who) do you need to perform your act? (write a number in boxes)

vocal mic	Instrument mic	box	chairs	music stand	Phone/ Ipod	CD	Other (table? Whatever)

Have you discussed your act with the other people involved? Yes ____ No ____

Names of other people in your act _____

Any other information we need to support you. _____

I have reviewed my act for my sponsor. _____

YOUer's Signature

I have observed or reviewed this talent and believe that it supports the spiritual consciousness of YOU.

Sponsor's Signature

First-Timer Buddies / Logistics Team Members Qualifications and Responsibilities

Logistics Team and Buddy Qualifications:

- Has attended at least 1 prior Rally and active member of Chapter
- Has shown integrity keeping the Heart Agreement and an understanding of Unity Principles
- Buddy: An open heart and sufficient social skill/maturity to carry out Buddy Responsibilities.
- Logistics Team: Has maturity/ and physical capability to fulfill Logistic Team Responsibilities
- Recommended by Sponsor to serve as a First-Timer Buddy or Logistics Team Member

Buddy Responsibilities

First-Timer Meeting:

A meeting of First-Timers and Buddies will be held at 6:30pm on the Friday of Rally. Arrive on time to attend the meeting. Come to the meeting ready to welcome first-timers and show enthusiasm. There will be get-acquainted activities for Buddies and First-Timers.

During Rally:

1. Help your first-timer in any way you can with the registration and settling in process. (Finding their Cabin / providing any information or help needed.)
2. During Rally, introduce your first-timer to your friends and invite first timers to join you in meals and activities.
3. When you see your first-timer during rally, ask how their experience with Rally is going - What they've enjoyed or struggled with. Share your Rally experience with them.
4. If you see your first-timer sitting or standing alone or looking lost or awkward, go up to them and talk to them. Invite them to join you and your friends.
5. Be to your First-Timer the type of friend you would have appreciated having during your first Rally.

Logistics Team Responsibilities

Logistics Team Meeting

Check In with Adult Logistic Team Leader when you arrive at Rally. Attend any scheduled Team meetings at the beginning of Rally.

During Rally

The logistics team is available to assist the Regie Team and adult logistics leader with any and all logistics including room break down & set up (setting up/taking down tables and moving chairs) room cleanup, distributing supplies whenever needed.

LT members return to Meeting room promptly at the close of activities in the evening to set up room for the next day. Members may be **briefly** delayed returning to cabins in the evening and must have maturity and responsibility to accomplish focused work without delay or dawdling.

LT members may be asked to assist with Talent show set up/ Cleanup and/or Snack setup and cleanup.

At mealtimes, LT Members serve as Role Models by cheerfully assisting with cleanup and encouraging all YOUers to do their share.

LT Members put Team responsibilities and support of the Rally before their own personal Rally experience. (Leaving Fuzzies early if necessary to break down/setup room in the evening, or help with loading supplies into vehicles at the end of Rally)

Thank you for serving and spreading the Love!!!

Family Group Leaders Qualifications and Responsibilities

Qualifications

- Has attended at least 2 Rallies
- Is at least 15 years of age at time of Rally
- Sufficiently articulate to fulfill Family Group Leader Responsibilities
- Has attended past leadership Trainings (Recommended but not required)
- Has demonstrated maturity and understanding of Unity Principles
- Has demonstrated Leadership Qualities in home chapter and/or church

Responsibilities

Prior to Rally

Spend time in daily meditation and/or prayer practice prior to coming to Rally
Review all family group materials carefully and thoroughly prior to coming to rally.
Participate in pre-Rally phone conference if requested by YOU Consultant

During Rally

Attend 6:30 Family Group Leader meeting
Be a positive role model for Family Group and entire Rally body
Live and express Unity principles in all words and actions
Be prepared and on time for each Family Group meeting
Listen with an open heart and mind to any feedback from Adult Sponsors in Family Group

RALLY PREPARATION MEETING

Sponsors: Prior to coming to Rally, please hold a meeting with all YOUers and adults attending rally to review the items below. During the meeting, lead a group discussion on the following topics.

1. Heart Agreements

Scenarios and discussion questions are attached as a separate document. One of the most important discussions to the Rally consciousness we are trying to create is the discussion about heart agreements. Thank you sponsors for giving attention to this topic.

2. Intentions and Goals for Rally

What specific goals and intentions does each YOUer and adult participant have for Rally? (Typical goals might be feeling closer to God, making friends, renewing friendships, taking more time to pray, learning to speak up in a group, sharing a special talent or ability, or learning to appreciate or get along better with others.)

3. Individual Contributions to Rally?

What will you do before and during rally to make this a good experience for yourself and others?

4. Expectations

All YOUers and Adults* must attend ALL activities and stay with the group at all times. No one may be in cabin rooms during scheduled activities, switch rooms, or roommates. Everyone must arrive on Friday and not leave until Closing on Sunday. (Help your group feel a part of the total experience. Arrive during check in 5:00-6:00pm in time to get settled in before the 6:30pm pre-rally meetings and the start of rally at 7:00 pm on Friday evening. Adults in the group are responsible for the YOUers they bring to Rally. Please be aware of medical needs and medications, be vigilant and check in with YOUers regularly during the event. *Adults may be excused from large group activities to obtain needed rest.)

5. Share Information about rally

- a. Family Groups: Each YOUer and adult will meet 4 times during the weekend with their assigned small group.
- b. Fuzzies: This is the time when everyone exchanges friendly hugs.
- c. Business Meeting: This is the time at Fall Rally when the Regional business of the year is discussed and when new Regional Representatives are elected and installed.
- d. Spirit Share / Talent Show: This is the opportunity for Rally participants to share their talents with everyone. The Spirit of the Talent Show will be one of Spirituality, cooperation and appropriateness. Rehearsal for the show will be held during the beginning of free time on Saturday afternoon under the supervision of a Head Sponsor and/or the Regional Consultant.
- e. Adult Support Team: Several adults, both male and female, are designated as "Head Sponsors". Their job is to support the other Sponsors and assist the Regional Team in maintaining harmony and order throughout the Rally weekend.

6. Prayers and Affirmations: Lead your chapter in prayer, sending love and blessings to the regional team and all rally participants affirming perfect unity, harmony and order for the entire weekend!!

THANK YOU!!!

HEART AGREEMENT DISCUSSION

Sponsors: The scenarios below were provided for the first time prior to Fall Rally 2019 and may have been previously discussed by your YOUers. Please revisit them anyway. Feel free to provide other scenarios and invite your YOUers to suggest other situations that could arise during an event.

General Questions

1. Why do we have Group Agreements at Unity events? What is the purpose of having Agreements?
2. What is the difference between a rule and an agreement?
3. What is the difference between breaking a rule and failing to keep an agreement?
4. What is the difference between keeping an agreement and following a rule?
5. What is the value of keeping our word? What is the nature of integrity?
6. In what ways can breaking the heart agreements at Rally affect us, our fellow YOUers, our sponsors, the regional YOU program?
7. If a YOUer is sent home during Rally, how does that affect others?

Scenarios

1. A group of YOUers are talking and giggling together near you during the Godwalk. You are upset by this as you have looked forward to the silence and the talking is disturbing to you.
2. You learn that a group of YOUers plans to meet to smoke pot after hours on Saturday night. Most are graduates and will not be attending any other YOU events after Spring Rally.
3. Your boyfriend / girlfriend wants you to sneak out of your cabin to meet him/her after hours?
4. You learn that your friend is planning to meet her boyfriend/ his girlfriend to slip away from the crowd for some alone time during free time. They are planning to go out of the boundaries to be alone.
5. You receive a text after hours from a friend in another cabin. It says: "I need to talk to you. Meet me at bathhouse in 10 mins."
6. The third chime has sounded at the evening campfire and adult leaders have asked that everyone go to their cabins. You continue to say goodnight and give and receive hugs to your friends ignoring the request and lingering at the campsite.

For each scenario

1. What are possible actions that might be taken in response to the situation?
2. What are possible actions that would support upholding the heart agreements?
3. Of the possible actions that might be taken, what actions violate the Heart Agreement?
4. What specific Agreement would be violated?
5. Why do we have this specific agreement included in our Agreements?
6. How do honesty and accountability play a part in the choices you make?
7. Who would your actions effect, or potentially effect if you choose to break the heart agreements